

District C Happenings - Summer 2017

Happy Summer!

Traveling around District C lately, you may have noticed some colorful new artwork popping up on utility boxes. That is the 9th edition of the Clark County Zap! Program. Originally conceived in 2005 as a neighborhood project, the goal of the program was to beautify the Winchester neighborhood and prevent graffiti by painting utility boxes – and it worked! Since then, 8 more neighborhoods in the Las Vegas Valley and Laughlin have received the Zap! Treatment.

The boxes, which were painted between March and May of this year, were from the Las Vegas Valley Water District, NVEnergy and Clark County Traffic Control. The 15 Local artists designed and painted their original artwork on 45 boxes located primarily along, Craig Road, Lone Mountain Road, and Durango Drive, and around the Mountain Crest and Lone Mountain Regional parks.

I think this is a fun new addition to our area. I would like to thank the other partnering organizations that collaborated to make this project a reality including Clark County Parks & Recreation at the Mountain Crest Community Center and the Lone Mountain Citizens Advisory Council.

There have been some recent changes to our District C team. Pamela Dittmar joined our office in June as an Administrative Specialist. She brings a wealth of experience with her and is eager to hit the ground running. Please feel free to reach out to her, or any of the other District C staff, for your questions, comments or input. All of their contact information is listed below.

Pamela Dittmar, Administrative Specialist
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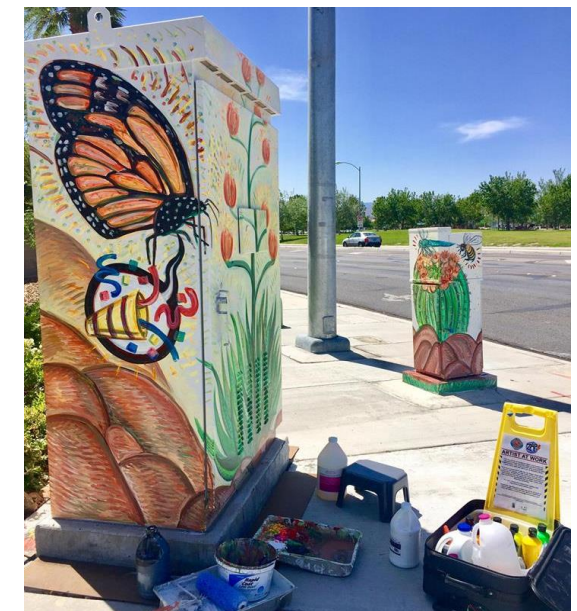
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I continue to be thankful for the privilege of serving the wonderful citizens of Clark County's District C. Best wishes for a great summer and healthy and happy rest of 2017.

Larry



Keep Cool in the Summer Heat

The heat has arrived! Keeping you and your family safe from the heat is most important. Staying cool is your best defense against heat-related illness. Here are some preventive measures everyone should take:

- Avoid being outdoors in the hottest part of the day.
- If you must go out, try going out in the early morning or later evening hours when the sun is not as strong.
- Slow down activities that make you hot.
- Work and exercise in brief periods.
- Take frequent breaks.
- Dress in light, loose clothing.
- Wear a wide brimmed hat.
- Drink plenty of cool fluids, but avoid caffeine & alcohol.
- Plan a visit to a pool or water park...

Did you know that Clark County's Parks and Recreation Department operates 14 pools and water parks? They are located throughout the County and the majority of opened for the summer season on Monday, June 10. Each [pool](#) may have slightly different pool hours.

Water parks feature twisting slides, gushing fountains, play areas, zero-depth entry for young swimmers, and shade on the pool deck. A list of locations, hours and various programs offered at each facility and related fees can be found on the [Parks and Recreation Department website](#).

Swimming lessons are offered year-round at the Desert Breeze and Hollywood Aquatics centers and seasonally at other facilities. Lessons range from beginning skills to get swimmers comfortable in the water to aquatic sports such as swim team, synchronized swimming, water polo and lifeguarding skills. Most Clark County pools offer swimming lessons in two, three-week sessions during the summer.



The next session runs **July 17-August 5**. The public is encouraged to register as early as possible to reserve spots in the classes. The sessions fill up quickly on a first-come, first-serve basis. Online registration is recommended as the most efficient way to register, especially to obtain spots at Desert Breeze and Hollywood pools during the summer. An aquatics program registration form is posted online and can be printed out and submitted to the facility offering the program of interest.

There are 3 Clark County pools that offer swimming lessons and Aquatic Programming year-round! Aquatics Spring Indoor Pool, Hollywood Aquatic Center and Desert Breeze Aquatic Facility. Please call (702) 455-8508 for more information.

Drowning Prevention

Clark County is a partner in the Southern Nevada Child Drowning Prevention Coalition's annual drowning prevention campaign, and created a public service announcement in cooperation with the Southern Nevada Health District and many other local agencies and organizations to help educate residents about drowning prevention. The key steps the public should remember to prevent drownings are:

1. Patrol – Always designate an adult Water Watcher to actively watch children in the water, including pools, bathtubs, or other bodies of water.
2. Protect – Install barriers between your home and pool to ensure safety including fences, door alarms, locks and spa safety covers. Lock doggie doors so children can't crawl through them.
3. Prepare – Create a water safety plan for your family. Enroll children in swimming lessons, take adult CPR classes, and be sure to equip your pool with proper safety equipment including life jackets, personal floatation devices and rescue tools. If an emergency happens, have a telephone nearby to call 9-1-1.

Heat Related Health Problems and Treatment

Even short periods in high temperatures can cause health problems that range from minor to life threatening. It is important to recognize the signs and symptoms of heat-related illness in order to ensure proper treatment.

Sunburn - Sunburn should be avoided because it is damaging to the skin. While the discomfort is usually minor and healing occurs in about a week, some sunburns can be more severe and require medical attention. **Tips for treating sunburn:**

- Consult a doctor if an infant under 1 year of age is sunburned or has the following symptoms: fever, fluid-filled blisters and/or severe pain.
- Avoid repeated sun exposure.
- Apply cool compresses or immerse the affected area in cool water.
- Apply moisturizing lotion to affected areas. Do not use salve, butter or ointment.
- Do not break blisters and do not apply ice.

Heat Rash - Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children. Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under breasts, and in elbow creases and other skin folds. **Treatment for heat rash:**

- The best treatment is to provide a cooler, less humid environment.
- Keep the affected area dry.
- Dusting powder may be used to increase comfort, but avoid using ointments or creams as they keep the skin warm and moist and may make the condition worse.

Heat Cramps - Heat cramps are muscle pains or spasms that usually occur in the abdomen, arms, or legs, which may occur in association with strenuous activity. **Treatment for Heat Cramps:**

- If you have a heart problem or are on a low sodium diet, seek medical attention.
- Stop all activity and rest in a cool, shaded area.
- Do not return to the strenuous activity for a few hours after the cramps subside, further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps that do not subside within one hour.
- Drink fluids such as water, fruit juices and sports drinks to rehydrate and replace salt and mineral levels.

Heat Exhaustion - Heat exhaustion is the body's response to an excessive loss of water and salt contained in sweat. Those most prone to heat exhaustion are the elderly, people with high blood pressure and people working or exercising in a hot environment. Warning signs of heat exhaustion include: Heavy sweating, Paleness, Muscle cramps, Tiredness, Weakness, Dizziness, Headache, Nausea, Vomiting, Fainting, skin may feel cool and moist, pulse rate will be fast and weak, and breathing will be fast and shallow. If untreated, heat exhaustion may progress to heat stroke. Seek medical attention immediately. **Cooling measures that may be effective** for Heat Exhaustion:

- Cool, non-alcoholic beverages, as directed by your doctor
- Rest
- A cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

Heat Stroke - When heat stroke occurs the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down and body temperature may rise to 106°F or higher. Heat stroke can cause death or permanent disability if emergency treatment is not given. Warning signs of heat stroke vary but may include: A body temperature above 103°, Red, hot and dry skin (no sweating), Rapid, strong pulse, Throbbing headache, Dizziness, Nausea, Confusion, and Unconsciousness. **Treatment:** Heat stroke can be a life-threatening emergency. Immediately begin cooling the victim and call for medical assistance.

- Get the victim to a shady area.
- Rapidly cool the victim using whatever methods are available:
 - Wrap the victim in a cool, wet sheet and fan vigorously.
 - Spray or sponge with cool water and fan.
 - Immerse in a tub of cool shallow water only if awake and alert.
 - Place in a cool shower.
- Monitor body temperature, and continue cooling efforts until the victim's temperature drops to 101-102°.
- If emergency medical personnel are delayed, call a hospital emergency department for further instructions.
- Do not give fluids!

For more information about heat related illnesses contact your health care provider or visit the [Centers for Disease Control and Prevention Extreme Heat](#) website.



CC-215 Beltway, Craig Road to Hualapai Way: Progress Update



Estimated Project Completion: Summer 2018 - Project Cost - \$92,431,830

Construction on this northwest section kicked off in September 2015 and will be underway for 3 years. The project brings significant improvements including: widening and realigning of the Beltway; replace the at-grade traffic signals with full interchanges; add a bridge to take Centennial Parkway over; construct flood control improvements and; continue the regional Beltway trail.

- The project is on track for completion in July 2018 – 65% complete.
- Concrete pavement is proceeding along the southbound side of the new freeway. The concrete crew and paving machine are working the night shift to avoid the summer heat.
- Freeway interchanges at Lone Mountain Road and Ann Road continue to take shape as the entrance and exit ramps are graded and paved with asphalt. The paving crew is also constructing bicycle pedestrian trails.
- Open channels and underground pipes form a stormwater collection system tying into the two detention basins at Lone Mountain Road. In addition to drainage, the underground utilities crew is working on several waterline relocations within the Beltway alignment.
- Crews from Southwest Gas and NV Energy are working alongside the Beltway team to seamlessly integrate their utilities into the new freeway alignment and interchanges.
- Center columns and abutments for the Centennial Parkway Bridge are in place, and formwork is being erected for the concrete deck.
- Work has begun on the bicycle pedestrian trail that will continue along the Beltway as part of this project.
- Barrier rails and traffic warning devices have been set up to protect both construction workers and drivers.
- Please be extra cautious and *slow down* in the construction zones!

If you would like to get a better perspective of the project, take a walk up the trail around Lone Mountain to enjoy a spectacular view of the work being performed.



Dispose of Prescription Medication Safely

The Clark County Water Reclamation District is partnering with police departments throughout Southern Nevada to send a "Don't Rush to Flush" message to residents when they need to dispose of unused, expired prescriptions and over-the-counter medications.

How we dispose of our medications can have a significant impact on the environment. In the past, many people have flushed prescription, over-the-counter and veterinary medications down their toilet. At the time, this was a good way to keep the medication away from children and pets. But, when prescription or over-the-counter drugs are flushed down the toilet or poured down the sink, their chemical components may be added to the water supply or soil. The presence of these substances in the environment is emerging as an important national and international concern.

You can now anonymously dispose of medications by dropping them off at area police substations. See this flyer for step-by-step tips to help you dispose of medications properly before going to the police substation and visit www.paininthedrain.com to find the substation nearest you.



Report Green Pools

You can help eliminate the blight and health dangers of green pools by reporting them to local code enforcement agencies. If located in unincorporated Clark County, call (702) 455-4191 or file a complaint through the County website.

Green pools are pools that have been neglected for so long that their water has turned green from algae and bacteria. The pools become breeding grounds for mosquitoes that can carry serious diseases such as the West Nile and Zika viruses. One of the best ways to reduce the number of mosquitoes in our community is to remove these stagnant nuisances and reduce the areas where they can reproduce.

Efforts to eliminate green pools have had a direct correlation on the number of West Nile virus cases reported in the Las Vegas Valley. In 2011, Clark County received 543 complaints about green pools with 11 cases of West Nile virus reported and one death as a result of the virus. In 2016 there were 482 green pool complaints and 1 case of West Nile virus reported. While the Zika virus has not been found in mosquitoes in Southern Nevada so far, several human cases have been reported here.



Mountain Crest Community Center



Mountain Crest Neighborhood Services Center
4701 N. Durango Dr. LV, NV 89129 (702) 455-1905

Stay fit Monday thru Friday with our Fitness & Exercise Classes!

- **Silver Foxes (FREE CLASS)** – geared mostly toward 50 +years, but all are welcome! *Tuesday & Thursday 9:30 a.m.*
- **Pilates Class (\$2 per class)** *Monday & Friday 9:00 a.m. – 10:00 a.m.* *CLASSES WILL RESUME AUGUST 21st *
- **Yoga (\$2 per class)** *Tuesday 10:45 a.m. – 11:45 a.m.* *CLASSES WILL RESUME AUGUST 8th*



CENTER HOURS:

Monday-Friday

9:00 AM-5:00 PM

CLOSED SATURDAY & SUNDAY

Mountain Crest's Senior Field Trips

August 16th - Camp Lee Canyon Day

August 23rd - Grape Expectations
Winery Tour

September - Kyle Canyon Visitor
Center

October 7th - Pahrump Grape Stomp

November 3rd - Pomegranate
Festival - *Located in Moapa

December- Ethel M's Cactus Garden
Christmas Lights and Chocolate Tour

***Register for all of these
upcoming events at Mountain Crest
Neighborhood Services Center***

(702)455-1905

Events At The Springs Preserve



- **Boomtown 1905**

Be transported back to the era of Las Vegas as a flourishing railroad town at our new Boomtown 1905 exhibit. Walk through historic re-creations of the original train depot, Arizona Club, Majestic Theatre, First State Bank, Lincoln Hotel, and a mercantile. Encounter exhibits and period décor to learn about life in 1905 – 1920 Las Vegas. Take the Preserve's trackless train to tour an original restored cottage, built by the railroad in 1910, and visit early businesses as you explore the faces and the places of Las Vegas's past. **Open daily 9:30 a.m. – 4:30 p.m.** Free for members or included with paid general admission. Train transfer tickets to get to Boomtown are free for members or \$2 for non-members.

- **Astronaut**

Astronauts are identified with adventure, exploration and endeavor. Discover what it takes to be a space explorer by wearing a flight suit, taking a spin in a 'centrifuge' capsule, climbing into a rocket, viewing live footage from the International Space Station, and more in our newest traveling exhibit. *Astronaut* was designed and produced by Scitech in Perth, Australia and produced by Imagine Exhibitions Inc. This exhibit appears exclusively at the Springs Preserve daily **June 12 – September 17, 9 a.m. – 5 p.m.** Free for members or included with paid general admission.



- **Animal Encounters**

Come meet one of our amazing desert critters as you explore the Origen Museum. Learn the unique survival strategies animals in the desert use to survive our harsh environment. This is a "drop-in" style experience to enjoy indoors while enjoying the Origen galleries. **Weekends & select holidays through September 24 at 11 a.m. and 2 p.m.** Free for members or included with paid general admission.

- **Ride the Train**

Take a guided, narrated ride on our life-size locomotive around the historic 2.2-mile Exploration Trail and learn the history of the settling of the Las Vegas Valley or take a quick transfer ride to and/or from Boomtown. **Daily – weather permitting. Transfers to and from Boomtown, 9:30 – 3:30 p.m. daily, free for members \$2 for non-members. Full, guided train rides start at 11 a.m. daily, check onsite for times. \$3 for members, \$5 for non-members**

- **Bike the Trails**

Rent a bike and take a historic ride along our 2.2-mile Exploration Trail. **Daily – weather permitting.** Check onsite for times. \$6 for members, \$8 for non-members. Personal bikes are not permitted.

- **Botanical Garden Guided Walks**

Join our experts for a guided walk through our beautiful Botanical Garden. **Saturdays and Sundays at 10:30 a.m. and 12:30 p.m.** Free for members or with general admission.



- **Divine Cafe Happy Hour**

Happy hour comes to the Springs Preserve! Join us every Thursday for live entertainment, 4 – 8 p.m. Happy hours feature ever-changing specially-priced food and cocktail menus including Divine sliders, street tacos, a blood orange cosmopolitan and more. Drink prices start at just \$2 for beer and \$6 for wine. **Thursdays 4 – 8 p.m.** in the Divine Cafe.

- **Sunday Brunches at Divine Cafe**

Join us Sundays at the Divine Cafe for a delicious breakfast before heading out to explore the Preserve! We open every Sunday at 10 a.m. for spectacular views and a special [brunch menu](#) including quiche, frittatas, French toast, and more. **Sundays starting at 10 a.m.** in the Divine Cafe.

- For more information on these events and all of the amazing things to do at Springs Preserve please visit their web-site <https://www.springspreserve.org/index.html>

Who says camp is just for kids?

Camp Silver Pines

*For ages 50+

The award-winning Clark County Parks and Recreation, Camp Silver Pines will be held September 13, 14 and 15 at Camp Lee Canyon. This is a special three-day/two-night camping experience for seniors. For many, it's the camping experience they didn't have as a child, or a great remembrance of Girl Scout/Boy Scout camping trips.

For all, it's an experience of a lifetime!

"Campers" stay in group cabins and enjoy their meals in a group setting. Activities such as hiking, outdoor cooking, drawing, bocce ball, pickle ball, Tai Chi, guest speakers, high and low challenge course, arts and crafts, line dancing, painting, card and board games make up the day's schedule. From sun up to sun down there are all sorts of activity options to keep everyone busy. However, if a good book in the quiet of the pine grove sounds like a better option, that's available as well.

Delicious food, beautiful scenery, meeting new people, and participating in new activities all combine to provide an incredible experience that participants will share with family and friends for years to come.

Registration begins July 3, at your nearest community center or online. Please make checks or money orders payable to: Clark County Parks and Recreation (CCPR).

For more information, please call the Cora Coleman Senior Center at 702-455-7617.



Sept. 13,14,15, 2017

\$125

if registered between July 3-31

\$140.00

if registered after July 31

Registration begins July 3, 2017

Register online or in person.

Women: 923513.01

Men: 923513.02



Clark County Board of Commissioners
Steve Stosak, Chair; Chris Giunchigliani, Vice Chair
Susan Brager, Larry Brown, Marilyn Kirkpatrick
Mary Beth Scow, Lawrence Weekly
Yolanda King, County Manager
Jane Pike, Director of Parks & Recreation

Neon to Nature

Escape, Explore, Enjoy

Neon to Nature is an online tool that will help you find walking and bicycle trails throughout Southern Nevada. We have over 1,000 miles of trails here in the valley. Each trail listing includes trail information and photos, along with detailed map descriptions of the trail's location, length, and various amenities.

Download the App!

The Neon to Nature app is available for your Android device on [Google Play](https://play.google.com/store/apps/details?id=com.sosnev.neontonature) and for your iPhone on the [Apple App Store](https://apps.apple.com/us/app/neon-to-nature/id1088888888). Download the free app today for your mobile device to find trails near you!

